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ABSTRACT

Many people acknowledge that youth need to be educated so that they value healthy lifestyles and abstain from alcohol and other drug use. Literature particularly lends itself to these issues. In addition, language arts material and literature may specifically address issues of alcohol and other drug use by young people or their families and friends. This annotated bibliography lists some of these materials which might be used across the curriculum in grades 7 through 12. The materials are not intended as a substitute for a core health or drug prevention curriculum. Instead they provide some possible means by which there can be infusion of alcohol and other drug use prevention into other academic areas so that key concepts suggested in the core curriculum are reinforced. A literary work is included in the bibliography only if the main idea could be used to generate a discussion of alcohol and other drug use. The literature cited is categorized into four genres: fiction books; short stories; poetry; and nonfiction books. Grade levels are indicated for some works, denoting recommended age groups, not necessarily reading levels. Ideas are included for preparatory and follow-up activities. (LLL)

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Drug Education Through Literature

An Annotated Bibliography for Grades 7-12

September 1991

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Drug Education Through Literature

An Annotated Bibliography for Grades 7-12

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September 1991

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We Need Your Help

We're certain many of you have additional suggestions of literature which could be included in this guide. Many other pieces of literature have scenes from which discussions related to alcohol and other drug use could be generated. We'd like to update this document periodically to include your suggestions. If you would like to have your suggestions included, please send: title, author, publisher, recommended interest level, a brief annotation, the category it should be in, and your name and address to:

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We'll be pleased to credit you as a contributor and to send you an updated version when it is complete.

Judith A. Johnson, Director
Western Regional Center for
Drug-Free Schools and Communities

CONTENTS

Introduction 1

Fiction Books 3

Short Stories 10

Poetry 11

Nonfiction Books 12

INTRODUCTION

Many people acknowledge that youth need to be educated so that they value healthy lifestyles and abstain from alcohol and other drug use. However, a constant and valid cry of teacher is : When am I supposed to find the time to teach it? It is important to recognize that building of individuals' self esteem and problem-solving skills are critical in dealing with this problem. These skills can be encouraged and strengthened throughout the day, in all curriculum areas. Literature particularly lends itself to these issues.

In addition, language arts material and literature may specifically address issues of alcohol and other drug use by young people or their families and friends. This guide lists some of these materials which might be used across the curriculum in classrooms. The materials are not intended as a substitute for a core health or drug prevention curriculum. Instead, they provide some possible means by which there can be infusion of alcohol and other drug use prevention into other academic areas so that key concepts suggested in the core curriculum are reinforced.

Using the Guide

A literary work was included in the guide only if the main idea could be used to generate a discussion of alcohol and other drug use. These works represent only some of the literature used in alcohol and other drug prevention efforts. As with all educational materials, they need to be reviewed by the teacher to ensure appropriateness for the target population.

The literature cited is categorized into different genres: fiction books, short stories, poetry, and nonfiction books. Grade levels are indicated for some works, denoting recommended age groups, not necessarily reading levels.

Suggestions for Using the Literature

To best explore the issues related to the use of alcohol and other drug use included in this guide, we suggest conducting one or more preparatory and follow-up activities with your students. Some ideas include the following:

- Conduct a class discussion.
- Have students write a poem, song, play, video, or story about the use of alcohol and other drugs.
- Discuss and dispel the myths related to the use of alcohol and other drugs.
- Conduct a pre and post-test on the students' knowledge of alcohol and other drugs.
- Invite a guest speaker to discuss issues related to the use of alcohol and other drugs.
- Have students gather and discuss newspaper articles related to the use of alcohol and other drugs.

- Develop problems related to the use of alcohol and other drugs that the students need to critically analyze and develop their own decisions.
- Conduct role plays utilizing scenes from the literature.
- Have students change the ending of the story in a way that promotes non-drug use.
- Show and discuss a related video.
- Have the students develop a puppet show telling the story.

FICTION BOOKS

Annotated

Angel Dust Blues
Todd Strasser

Alex lives alone in a large house near New York while his parents spend the winter in their Florida condominium. Once a model student and star tennis player, Alex no longer cares about athletics, grades, or college. Through the help of his junkie friend, Michael, Alex has discovered an easier and financially rewarding way of life: dealing drugs. It's fun and exciting until Alex is arrested by the police and charged with dealing drugs. Now he is forced to make some tough decisions and accept some responsibilities. Some references to sexual situations. (Grades 10-12)

_____
New York: Coward, McCann, and Geoghegan, Inc., 1979.

The Boy Who Drank Too Much
Greene, S.

Buff is a naturally great hockey player, but he hates the competitive pressure of hockey and plays only because his father makes him. His alcoholic father was once a great hockey player and wants his son to follow in his footsteps. Buff is treated as an outsider in his new school, and in his loneliness and isolation turns to alcohol for comfort. Even the efforts of a younger teammate can not stop him from destroying himself, until a crisis makes him realize he is free to live his own life. (Grades 7-9)

_____
New York: Viking, 1977.

Bright Lights, Big City
Jay McInerney

Living in Manhattan, a successful young man has acquired everything. He has a beautiful young wife, a job with a famous publishing company, an expensive car, and a cocaine addiction. But slowly his life starts to fall apart. His relentless flight through nightclubs, fashion shows, editorial offices, and loft parties finally bring him to the reckoning point where he is forced to acknowledge the changes in his life, his personal losses, and to rediscover himself. (Grades 10-12)

_____
New York: Vintage Books, 1984.

Cross Country Caper
Kinter, J.

Scott accidently discovered a dope ring while working in his school. This led him to make a decision whether to lose the race and let his track team down or to turn down a great deal of money. He used his head and his legs to carry out a clever plan. He received a trophy for his courage, racing for outrunning the fastest man in the league, and exposing the drug ring. (Grade 7-8)

_____
Minnesota: Crestwood House, 1981.

The Dani Trap
Elizabeth Levy

Dani is sixteen years old and has never even had a boyfriend, and then she meets Michael. He's handsome and charming and brings her nothing but trouble. He drinks too much, drives too fast, and the one time he takes her out his reckless speeding injures a dog on the highway and involves her with the police. Dani is later recruited as an undercover agent in a police investigation of illegal liquor sales to teenagers. But something goes awry, and she finds herself being framed as an accomplice in a liquor store holdup. (Grades 7-9)

_____
New York: William Morrow and Company, 1984.

The Effects of Gamma Rays on Man in the Moon Marigolds
Zindel, P.

This is a Pulitzer prize-winning play about a middle-aged woman who is haunted by suspicions that neither she nor her daughters will achieve any measure of greatness. She drowns her despair in whiskey, widening the gulf between her and her daughters. (Grades 8-11)

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New York: Harper and Row Publishing, Inc., 1984.

Go Ask Alice
Anonymous

Fifteen-year-old Alice is forced to move to a new town when her father accepts a teaching position at a prestigious college. She is very shy and uncertain of herself, and eventually falls in with the "in" crowd. Through her new friends she is introduced to drugs, and thus begins her new life of drug addiction, street life, and crime. This book is based on excerpts from her diary which chronicles her struggles to escape the pull of the drug world. Discretion is advised due to sexual situations mentioned in the book. (Grades 9-12)

_____
New York: Avon Books, 1971.

A Hero Ain't Nothing But a Sandwich
Children, A.

Ghetto life offers no relief except heroin and 13-year-old Benjie Johnson has already discovered the drug. The story doesn't have a happy ending, but Benjie learns that admitting the problem and coping with life are better than being a drug addict. The author never compromises the realistic and harsh picture of poverty as seen through the eyes of the major characters. The superb book is written with integrity and compassion. (Grade 7-10)

_____
New York: Avon Books, 1977.

The Iceman Cometh
Eugene O'Neill

During one summer morning in 1912, the drunks that normally frequent the bar at Harry Hope's begin to wake up from their latest stupor. They await the arrival of Hickey, who always comes to Harry's to celebrate his birthday and to buy them all free drinks. But this time, Hickey has arrived to try to convert his fellow drunks to find peace (sobriety) with themselves, instead of pity. The play chronicles the lives of several characters who prefer to stay "stinko" and wait for the "big sleep" and think about their "pipe dreams."
(Grades 11-12)

_____
New York: Random House, 1946.

The Late Great Me
Scoppettone, S.

A girl enters her junior year in high school emotionally estranged from her family and fellow students. Her mother lives in the past, her father works long hours to avoid home life, and her brother, popular at school, considers her an embarrassment. The girl turns to alcohol for escape and peer acceptance. This story contains excellent scenes of high school drinking at parties, home, and at school. Alcoholics Anonymous is emphasized at the story's end. (Grades 8-10)

_____
New York: Bantam Books, Inc., 1984.

Life Without Friends
Ellen White

Sixteen-year-old Beverly is very bright and very confused. For the last year, she has been involved with a young man who turned her onto drugs, sex, and murder. Faced with the upcoming trial, she is forced to rebuild her life and to sort out the events that led to the murder of the friend. No one at school wants to be around her, she has no friends, and her family doesn't trust her. Then she meets Derek, and he helps her to open up and to trust again. (Grades 8-10)

_____

New York: Scholastic Inc., 1987.

Long Days Journey Into Night
O'Neill, E.

Set in 1912 in Connecticut, an acting/writing family welcome their mother back from the sanitarium where she underwent treatment for her morphine addiction. Despite hope and denial, the mother is still addicted and the rest of the family have alcohol problems. (Grades 11-12)

_____

New Haven, CT: Yale University Press, 1950.

Love Medicine
Erdrich, L.

In this novel, set between 1934-1984, the reservation-bound Native Americans of South Dakota find it difficult to cope with the constrictions of contemporary America. As a result, they often turn to alcohol to achieve some temporary spiritual transcendence. (Grades 11-12)

_____

New York: Bantam Books, Inc., 1987.

My Name is Davy, I'm an Alcoholic
Anne Synder

Davy was a loner and at age fifteen discovered that a drink could make him feel good and help him forget about being lonely. It didn't matter that drinking made him feel sick sometimes or that he couldn't do his schoolwork, because when he was drunk he felt like the was on top of the world, and it even helped him meet Maxi. Davy and Maxi drank together, loved together, and even got sick together. But the sickness began to turn into convulsions and hallucinations, and now they were forced to steal to get more booze. A tragic accident finally helps Davy see himself clearly and find the strength to seek help. During the course of the story, Alcoholics Anonymous for teenagers is depicted as an alternative resource for help for alcoholic teenagers. Some references to sexual situations. (Grades 8-10)

_____

New York: New American Library, 1977.

No Kidding
Brooks, B.

Set in a 21st-century society, 14-year-old Sam is allowed to decide the fate of his family after his mother is released from an alcohol rehabilitation center. (Grade 7-12)

_____
New York: Harper & Row, 1989.

One Flew Over the Cuckoo's Nest
Kesey, K.

Randle Patrick McMurphy, a 35-year-old drifter, finds himself committed to a mental institution. There, his individualism runs afoul of the structure favored by Nurse Ratched. The novel explores many themes, including drug use by the medical profession, as well as a patient's drug use for pleasure and to escape boredom. (Grade 11-12)

_____
Sandy, UT: Publisher Group, Inc., 1977.

Requiem for a Heavyweight
Serling, R.

Mountain Rivera, a washed-up boxer, is unable to make a transition to life without the ring. He is continually manipulated (largely through his abuse of alcohol) by his unscrupulous manager, while a caring social worker tries to coerce him into taking charge of his own life. (Grades 10-12)

_____
Sandy, UT: Publisher Group, Inc., 1986.

Richie
Thomas Thompson

George Diener was a good man who worked hard for a living, and loved his wife and two sons very much. They lived a quiet, ordinary life until his oldest son, Richie, became involved with the abuse and selling of drugs at age fourteen. George could find no one to help him get help for his son--not the police, the courts, or even the drug treatment center. As Richie's drug addiction became worse, so did his behavior and cocky attitude. It was inevitable that tragedy would strike. This is a true story of a typical middle class family, which tells how their son's involvement with drugs changed this family forever.
(Grades 7-10)

_____
New York: Saturday Review Press, 1973.

Run, Shelley, Run
Gertude Samuels

Shelley learned to live on the streets at age ten and discovered drugs at age twelve. Now at sixteen, Shelley is desperately running in hopes of finding a place where trouble can't find her. She's running from a mother who drinks too much, a stepfather who won't keep his hands off of her, and a state training school where she has been sent and imprisoned for her own welfare. But Shelley refuses to let the state school break her spirit, and escapes to the city streets and the sex-drug subculture of the village. (Grades 10-12)

_____
New York: New American Library, 1974.

The Son of Someone Famous
Kerr, M. E.

Adam cannot bear the pressures of being the son of a mostly absent famous father. For anonymity purposes, Adam goes to live with his spiritually broken, alcoholic grandfather. Adam meets Brenda Belle, who is fatherless and worries about her masculine tendencies. Adam, his stepmother, and grandfather eventually begin a business in California. Adam is ready to make it on his own and Brenda realizes romance is not just for the beautiful. (Grades 7-12)

_____
New York: Harper & Row, 1974.

Teacup Full of Roses
Mathis, S. B.

Joe is the middle brother of three who, although capable and street-smart, nevertheless worries that drugs will pull down his younger brother, Davey, as they did his eldest, Paul. Paul just returned from a rehabilitation clinic, but he is still addicted to drugs.
(Grades 8-11)

_____
Hudson, NY: Penguin Books, 1987.

That Was Then, This Is Now
Hinton, S. E.

Bryon and Mark have been inseparable since childhood, but Mark's use of drugs begins to come between them. When Bryon discovers Mark is selling drugs to younger kids, it causes an irreparable rift in their friendship. (Grades 7-10)

_____
Sandy, UT: Publisher Group, Inc., 1971.

Tuned Out
Wojciechowska, M.

Suspecting that Kevin will someday accomplish great things, Jim begins to record his feelings of affection for his brother while he waits for Kevin to come home from college. However, the notebook ends up as a report of the disillusions and fears Jim experiences as he observes his brother's drug addiction, Kevin's own despairs and frustrations in his search for acid, and finally the nightmare of a bad LSD trip and Kevin's confinement to a mental hospital. There, treatment and therapy begin. (Grades 7-12)

_____
New York: Harper & Row, 1968.

War on Villa Street
Mazer, H.

Willis Pierce, an eight grader, has an alcoholic father and an overworked mother. Willis is lonely and unhappy, and his frustration is increased by repeated threats and beatings by a bully and his gang. Willis is no quitter, however. He gains confidence as he tutors a 16-year-old retarded boy in athletic skills and competes in track himself. (Grades 7-8)

_____
New York: Delacorte Press, 1979.

With Westie and the Tin Man
Carole, S.

Fifteen-year-old Greg has to face his mother's alcoholism and his own history of shoplifting and dishonesty before he can begin adjusting to heir new life. (Grades 7-9)

_____
New York: MacMillian, 1990.

SHORT STORIES

"The Drunkard" in Collected Stories.
Frank O'Conner

A young boy named Larry has a father who has a great weakness for drinking binges. He stays sober for months, even years at a time, but all it would takes is one drink to get him started and then he would drink until their savings was gone and their possessions sold. One day Mr. Dooley, their next door neighbor, passed away and father decided to go to the funeral to pay his last respects. Since the mourners generally convene at the local bar after the service, Larry was sent along to keep his father from drinking. Larry drinks his dad's drink and becomes very drunk. His father is forced to face not only the embarrassment of walking home with a drunk boy, but he must also face the mother's fury.

_____
New York: Alfred A. Knopf, 1951.

"The Little Cask" in The Collected Stories of Guy De Maupassant: 10 Volume in One.
Guy De Maupassant

Jules Chicot, the innkeeper, had wanted to buy some land owned by an elderly lady, but she refused to sell. So he devised a plan in which he would pay her money to live on the farm, and when she died the farm would go to him. She agreed, but asked for more money than he originally offered. For three years, Jules paid her the money, but her health was so good that she seemed destined to live for quite a long time. He devised another plan in which he brought her casks of some very fine brandy, and promised to supply her with more whenever she was out. The old woman was soon found to be drunk most of the time and died shortly thereafter, at which time Jules took over the farm.

_____
New York: Avenel Books, pp. 832-836.

"Sonny's Blues" in Going to Meet the Man.
James Balwin

Sonny has grown up in Harlem. He lost his mother at age 17, discovered his love of music at age 18, fell victim to the call of heroin soon after, and was eventually arrested. Upon his return from his imprisonment, he is reunited with his estranged brother. They reminisce about their past, and reflect on the events that led to Sonny's addiction. Now that he is back, he is anxious to return to his music through which he is able to communicate with the world. But this time he knows where he's been, what his life had been like because of his drug addiction, and he's wise enough to know that he can become a victim again unless he's strong enough to resist.

_____
New York: The Dial Press, 1965, pages 101-141.

POETRY

de Burgos, J. (1961). Nothing. In *Collected Works*. Sandy, UT: Publisher Groups, Inc.

Ch'en, M. Y. Translated by K. Rexroth. (1956). A friend advises me to stop drinking. In *100 Hundred Poems from the Chinese*. New York: New Directions Press.

Housman, A. E. (1976). *Terence, this is stupid stuff*. Sandy, UT: Publisher Group, Inc.

Larkin, P. (1964). A study of reading habits. In *The Whitsun Weddings*. Sandy, UT: Publisher Group, Inc.

Lesser, E. (1985). Just a boy and his dope. In *Drug Abuse in Marin County*. Sandy, UT: Publisher Group, Inc.

Lowell, R. (1988) The drinker. In *Literature: Structure, Sound, and Sense*.(5th ed.) Rutherford, NJ: Harcourt, Brace, Jovanovich.

Mailer, N. (1962). The adventurer. In *Deaths for the Ladies and Other Disasters*. Sandy, UT: Publisher Group, Inc.

Malone, H. (1986). 10%. In *Genre 9, Marginality: Voices from the Periphery*. Long Beach: California State University, Long Beach, Dept. of Comparative Lit.

Robinson, E.A. (1985). *Mr. Flood's party*. Sandy, UT: Publisher Group, Inc.

Voss, F. (1986). The acidhead. In *Genre 9 Marginality: Voices from the Periphery*. Long Beach, California State University, Long Beach, Dept. of Comparative Lit.

NON-FICTION BOOKS

All of the following works have been approved by the American Library Association, Wilson High School Catalog, and/or the School Library Journal. Recommendation by these sources ensures the appropriateness and quality of the work for junior and senior high students.

Are You Dying for a Drink?
Graeber, L.

A description of what it's like to be a teenager who drinks too much, is likely to become an alcoholic, and is living with alcoholic parents is discussed from the point of view of a teenager. Included is a section on where to go for help and an appendix with lists of various treatment and prevention programs.

_____
Denver, CO: Julian Mesner Press, 1985.

Cocaine
Johanson, C.

Various aspects of cocaine, including history, usage, effects, dealing, trafficking, and types of treatment are examined. It emphasizes the causes and dangers of addiction by describing actual cases. A glossary, index, and resources are included. This is one of 25 books in a series called *Encyclopedia of Psychoactive Drugs*.

_____
New York: Chelsea House Publisher, 1986.

Coping With An Alcoholic Parent
Porterfield, K.

Teenagers needing help understanding why their family may be falling apart are provided with suggestions for how they can take care of themselves emotionally. Suggestions are provided for dealing with alcoholic parents so their drinking doesn't control their children's feelings and lives.

_____
New York: Rosen Publishing Group, 1985.

Crack: The New Drug Epidemic
Berger, G.

Provides information on crack including its manufacture and sale, the physical and psychological effects, forms of treatment and efforts to curb its use. Includes bibliography, further reading, glossary and resources.

_____
New York: Franklin Watts Publishing, 1987.

Crack: What You Should Know About the Cocaine Epidemic
Chatios, C.

The hard facts about the cocaine abuse epidemic are presented.

_____
Tulsa, OK: G. P. Putnam's Sons Publishing, Inc., 1987.

Different Like Me: A Book for Teens Who Worry About Their Parents, Use of Alcohol/Drugs
Evelyn Leite and Pamela Espeland

Designed for teens who feel guilty, scared, and confused about their parents' use of alcohol and other drugs, this book will provide information to help them understand the dynamics of what is happening to their parent, their family, and themselves. It provides factual information to let teens know that they're not alone, that their parents have a disease called chemical dependency, that it's not their fault, and tips on what they can do to feel better about themselves and their family. Included is a list of publications that are available on chemical dependence from the Johnson Institute.

_____
Minneapolis: Johnson Institute Books, 1987.

Everything You Need To Know About An Alcoholic Parent
Nancy Shuker

The complexities of alcoholism as a disease are discussed, but mostly this book deals with the feelings of children of alcoholic parents. Specific advice on how to deal with an alcoholic parent, how not to be an enabler, and suggestions on where to go for help are included.

_____
New York: Rosen Publishers Group, 1990.

Everything You Need to Know About Drug Abuse
Ball, J. A.

This book covers various aspects of drug abuse, including dealing, trafficking, crime and drug testing. It discusses the effects of drugs on family life and health and includes a glossary, further reading, an index, and resources.

_____
New York: Rosen Publishing Group, Inc., 1988.

I'm Dancing as Fast as I Can
Gordon, B.

In this autobiography, the author describes her own valium dependency and the breakdown that follows her therapist's advice to quit all at once. The book exposed the temporary medication-based solutions used in psychiatry that only mask symptoms without truly addressing the problem.

_____
New York: Bantam Books, Inc., 1979.

Living With A Parent Who Takes Drugs
Seixas, J. S.

This book uses realistic situations to illustrate the effect drug abuse has on a family. It includes warning signs, forms of treatment, legal problems, foster care, and counseling. Case reports and possible manifestations of drug abuse by a parent and ways of coping with such a problem are presented.

_____
New York: Greenwillow Books, 1989.

Mind Drugs
Hyde, M. O.

Leading authorities present information on the use and effects of various drugs such as alcohol, cocaine, marijuana, LSD, and heroin. A chart of psychological dependence, duration of effect, and method of use is included.

_____
New York: Dodd, Mead, and Company, 1986.

Straight Talk About Drinking: Teenagers Speak Out
Wayne Coffey

Utilizing a representative sampling of teenagers who are alcoholics, recovering alcoholics, social drinkers, and nondrinkers, Coffey and teens tell stories about themselves, their attitudes towards drinking, and their families. Included throughout the book are historical references to drinking, social myths related to alcoholism, and health issues related to drinking. The appendix includes a quiz on drinking habits, and a list of resources for finding help for oneself and others.

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New York: New American Library, 1988.

What You Can Believe About Drugs: An Honest and Unhysterical Guide for Teens
Susan and Daniel Cohen

Believing that straight talk without moralizing or scare tactics will help young people make informed decisions, the Cohens discuss the history, effects, and consequences of legal and illegal drugs. Alcohol is mentioned, but cigarettes, caffeine, steroids, narcotics, cocaine, and marijuana are addressed in more detail. Hypothetical cases are mixed with real-life cases to illustrate what could and does happen to drug users. Included is a discussion on how the political and emotional climate of the United States has determined the legality and regulation of certain drugs. Also included is a chapter on how to find help and a bibliography of books and films.

_____

New York: M. Evans, 1987.

When Your Parent Drinks Too Much
Ryerson, E.

Written by the son of an alcoholic, this guide for teenagers covers the effect of alcoholism within the family and indicates ways teenagers can deal with situations they experience. It includes resources and index.

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New York: Facts on File Publications, 1985.